

The Electronic Systems Center's *Hansconian*

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July 16, 1999



photo by Airman 1st Class Jason J. Ide

"Old Glory" meets "Old Ironsides"

"Old Glory" waves high over heads of people gathered near "Old Ironsides" on the ship's 200th birthday in 1997. For additional information on interesting and historical sites such as the USS Constitution see related article and photos on page 12 and 13.

Tops in Blue music coming to Hanscom 'Just for the fans'

by Jan Beebe
ESC Public Affairs

"Tops in Blue," the Air Force's premier entertainment touring group, will perform a free show in Hanscom's Flight Training Center Aug. 8 at 8 p.m.

The 1999 edition of "Tops in Blue" is a celebration of music and dance for both young and old. The group will take the stage for an hour and a half, performing favorite hits from the 70's, 80's and 90's. Whether pop, rock, disco, rhythm and blues or country, the group plays music that will bring back memories.

Since the group has been performing for more than 45 years, the show and its title were inspired by the fans.

Tom Edwards, the show's producer and director of Air Force Entertainment, said, "It's because of the fans that 'Tops in Blue' exists. We just want to thank our fans for their support and the caring they have shown each 'Tops in Blue' team throughout the years."

This year's team of 36 active duty military members is continuing the tradition of serving as world-wide ambassadors. They will present 125 performances in 20 countries during this year's world tour.

One of those 36 active military members is Hanscom's own Airman 1st Class Jennifer Caldwell from the 66th Mission Support Group.

See Tops in Blue (page 7)

Archbishop of military services visits Hanscom to invest newest monsignor

by Jan Beebe
ESC Public Affairs

On the first Sunday in August, Hanscom will welcome a distinguished visitor – Catholic Archbishop Edwin F. O'Brien, who heads the Archdiocese for the Military Services.

O'Brien will arrive that day as the honored guest of 66th Air Wing's Chaplain (Lt. Col.) Thomas P. Sandi. The archbishop will preside over the investiture ceremony elevating Sandi to a monsignor in the Roman Catholic

Church.

Sandi and the archbishop were born in the same New York City borough, the Bronx, and graduated from the same New York seminary, St. Joseph's in Yonkers.

From St. Joseph's, O'Brien served as a civilian parish priest for the United States Military Academy at West Point.

His next assignments included service as an Army chaplain at Ft. Bragg, N.C., a chaplain in Vietnam for the 173rd Airborne Brigade and the 1st Cavalry

Brigade, and the post chaplain at Ft. Gordon, Ga.

O'Brien then did his doctoral work at Angelicum University in Rome, earning his doctorate of sacred theology. He returned to the United States to serve as the vice chancellor of the Archdiocese of New York and the associate pastor of St. Patrick's Cathedral.

From 1983 to 1985, the archbishop was the secretary for Cardinals Terence Cooke and John O'Connor,

He went back to St. Joseph's as

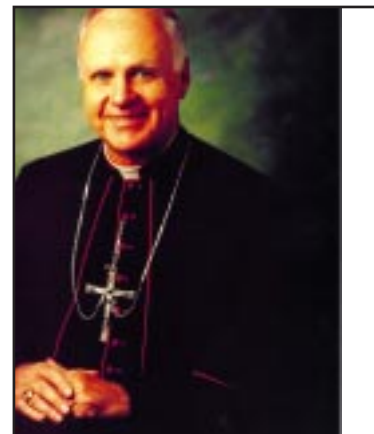
rector in 1985, was appointed the rector of the Pontifical North American College in Rome in 1990, and returned as rector of St. Joseph's in 1994.

He was honored as a monsignor in 1986 and ordained Auxiliary Bishop of New York in 1996.

Pope John Paul II named him Archbishop for the Military Services in 1997.

The Archdiocese for the Military Services is responsible for military personnel and their families

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Archbishop Edwin F. O'Brien

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Straight Talk

Straight Talk provides two-way communication between the 66th Air Base Wing commander and people on base. A 24 hour-a-day telephone line and E-mail account (STRAIGHT TALK) are set up as ways for Hanscom's population to submit questions, complaints or comments, anonymously, if desired. All concerns are personally reviewed by the wing commander.

However, the quickest and most efficient way to communicate comments or complaints is to go right to the source. To assist you, we've listed points of contact and telephone numbers for several key support organizations.

Also, don't forget your supervisor, commander or first sergeant. They're there to help you.

If you are not satisfied with the



Col. Chris T. Anzalone
66th Air Base Wing commander

response you receive, or are unable to solve the problem, please call the Straight Talk hot line at 3-3732.

| | |
|---|--------|
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| | 3-2301 |
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The Electronic Systems Center's Hansconian

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Submitting articles

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Submissions must be received at least one week prior to each Friday's publication.

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To purchase a display ad call Kurt Anderson at 978-371-5705.

Classified ads

Hansconian free classified ads are available to anyone affiliated with the base. Ads run for two weeks.

Business and rental ads are available for a fee. Call (781) 433-7940.

To place an ad, first complete a classified ad form. Forms are available in the ESC Public Affairs Office, Bldg. 1606, Room 109.

Next, mail the form through BITC to ESC/PA, fax a copy to Theresa Feely at 3-5077 or hand-carry it to the above location. Deadline is noon Friday.

For more information, call the Hansconian office at 3-3912.

Delivery problems

Call 1-800-722-1914 for problems or questions concerning newspaper delivery to base housing.

Call the Hansconian office if you have questions concerning newspaper delivery to base buildings.

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Private Yard Space

Question: Our neighbors have recently started to camp out on our front lawn. Since the yard itself is very small I feel this is an unwelcome invasion of private space. I would never bring my lawn chairs or blankets and set them up on anyone else's lawn, just out of common courtesy. I don't want to approach our neighbors because I feel it might ruin the "good" relations. Please address this problem and remind people that space is important, especially when it is a limited resource here in base housing.

Answer: We've had many issues raised lately in the housing area, and most of them could have

been resolved with effective communication between neighbors.

Given our limited yard space, we must honor each other's privacy. Children, toys, camping equipment, etc. do not belong in your neighbor's yard on a permanent or regular basis. If for some reason you need to use your neighbors' yard, take the time to talk to them about it and get their permission first. By the same token, you should try to be understanding when your neighbors need to "borrow" your yard, because of the limited yard space. In my view, you only better your relations with your neighbors with effective communication.

Cadets visit base, learn what it's like as an officer

by Airman Theresa M. Fike
ESC Public Affairs

Four U.S. Air Force Academy and two Reserve Officers' Training Corps cadets participated in a three-week summer program at Hanscom.

Hanscom took part in "Operation Air Force," which is designed to show a future officer what a duty station might entail.

"Hanscom can give an idea of the complexity of the missions, support and training required in supporting a modern military," said Capt. Michael Everton, the Hanscom coordinator for "Operation Air Force."

Cadet Matt Amig, Cadet Ryan Montanez, Cadet Tim Curtz and Cadet Tom O' Hara from the U.S. Air Force Academy at Colorado Springs, Colo., are fulfilling a

graduation requirement.

All academy cadets entering their junior year are randomly assigned to a base that can be located anywhere in the world.

P.J. Zamudio, an ROTC cadet at Kent State in Ohio, and Patrick Reimnitz, an ROTC cadet at the University of Southern California in Los Angeles, both competed nationally among other cadets to be selected for this program.

"I wanted to see what the Air Force was like," said Zamudio.

Cadets visited several base organizations to learn about their missions.

"The cadets get a lot of exposure to how a base operates, the agencies that are available to help them, both professionally and personally, and they get to see many of the people who work behind the

scenes to make the mission happen," said Capt. Jeff Pomeroy, the Air Base Wing coordinator for this program.

They were also able to tour the Naval War College, Westover Air Force Reserve Base, the USS Constitution and Coast Guard Station at Boston.

Pomeroy said that he believed this experience will teach the cadets the concept of teamwork.

"They will see how the many different and varied units work together to achieve a common result," said Pomeroy.

The cadets took advantage of Hanscom's services, such as the gym and bowling alley, and found Boston to be a great place to explore.

"This is an experience that will last a lifetime and makes me proud to be serving," said O'Hara.

Command selection process detailed

The fifth cycle of the Command Selection Process, provides an opportunity for colonels and colonel-selects to compete for command positions based on a realistic view of openings.

All colonels compete for command opportunities on a "level playing field" and those who aspire to command will receive a realistic assessment of their standing in this competitive process.

This year's command screening board will be held at the Air Force Personnel Center at Randolph Air Force Base, Texas, beginning Sept. 16.

Colonel and colonel-selects are eligible to compete based on the following criteria:

☐ For wing commander: Less than 26 years of commissioned service as of Jan. 1, 2000, and pinned-on colonel as of Jan. 1, 2000.

☐ For group commander: Less than 24 years of commissioned service as of Jan. 1, 2000, with no date-of-rank restrictions. For the medical group, less than 26 years of service and a date of separation greater than May 1, 2002.

In addition the following experience is required:

☐ Rated command positions: Officers must have flown within the last seven years.

☐ Functional command positions (space, logistics, communications, intelligence, civil engineering, office of special investigation, etc.): Must have held the duty Air Force specialty code during the last seven years.

Support command positions: All line AFSCs will

be eligible to compete.

☐ Medical command positions: Must be a member of a health professions corps.

Colonel and colonel-selects are ineligible if they:

☐ Have an approved retirement date.

☐ Have an open unfavorable information file.

☐ Are a senior military professor at the Air Force Academy.

☐ Are assigned to a joint or critical acquisition position less than 24 months as of Oct. 1, 2000. An officer cannot be ineligible for two consecutive boards because they are joint encumbered.

☐ Are an academic year 1999/2000 National Defense University student and a joint specialty officer who by law must go to a joint job.

☐ Have already completed same level command test except OSI and health professions officers.

Additionally, the Command Selection Board will only consider officers who are volunteers to command at the wing and group levels. Officers who do not wish to be considered by the board may decline consideration, prior to the board convening, without prejudice and still be eligible in accordance with the criteria above for consideration by future boards.

Eligible officers will be notified by their military personnel flight in July.

Information on the process or other colonel group matters can be found at <http://www.colonels.hq.af.mil>.

Vice wing commander retires after 30 years of service

by Celeste Brooks
66 Air Base Wing

Col. James M. Jackson III, the 66th Air Base Wing Vice Commander, retired in a ceremony officiated by Brig. Gen. Ted M. McFarland, Electronic Systems Center Vice Commander, July 8 at the Officers' Club.

During his 30 years in the Air Force, Jackson served as a commander five times. His Air Force career began when he received his draft notice for the Vietnam War.

"I don't even remember what my draft number was," said Jackson. "Basically my father put his arm around me and said, 'Son, you have an obligation to your country. And I've worked with the Army for a long time and I've watched how the Army treats their enlisted folks and I've watched how they treat their officers, and if I were you I'd go to ROTC, become an officer, and go spend your time.'"

Jackson heeded his father's advice, obtaining a Bachelor of Science degree in physics from New Mexico State University while completing the ROTC program there and earning his commission. He entered the Air Force in 1969.

"I decided to go with the Air Force because I thought they were a little more technically oriented and I thought the education would be better," Jackson recalled. "Once I got in, I liked it, and just stayed ... never got to Vietnam though."

Jackson first went to Keesler AFB Miss. to attend tech school and become a Communications Electronics Officer. It was an exciting time: three weeks after he arrived, Hurricane Camille hit. It was also at this assignment that he met his future wife Carol, who was a teacher on the Gulf Coast. They married and moved to Robins AFB, Ga. where Jackson held various jobs in the 1861st Engineering Installation Squadron. It was at this base their son James M. Jackson IV, was born.

From there the family went to Lowry AFB, Colo., and Jackson went to a five-month school for a special duty assignment.

"My commander thought he was sending me to be a DET [Detachment] commander at Lowry," Jackson said. "What he didn't know is that I was going to be a DET commander but it was a remote to Shemya Air Force Base in Alaska!"

Jackson's next assignment was to Patrick AFB, Fla. at the Headquarters of the Air Force Technical Application Center. There he spent three and a half years as a programs officer. In 1976 he was awarded a master's degree in busi-

ness administration from the Florida Institute of Technology. In 1977 he earned a master's degree in industrial and systems engineering as a student of the Air Force Institute of Technology at the University of Florida.

His next assignment was to Kelly Air Force Base, Texas, where he worked in Security Service. He spent 18 months in charge of the engineering installation team and another 18 months as the logistics support manager. The Jacksons' daughter Amanda was born during this assignment.

Jackson attended a different kind of school, the Armed Forces Staff College. Then he entered into what was perhaps the most challenging assignment of his career when he was selected as the commander of the 6952nd Electronic Security Squadron at RAF Alconbury.

"A Tech. Sgt. and I started that squadron," said Jackson. "It was the bed-down of the TR-1s in Europe, which is a variant of the U-2. We started it in an old abandoned hangar, and three years later I left and they were maintaining airplanes and had over 120 folks. We spent the first six months just trying to get everybody PCSed in and bedded down. Housing was short. It was quite an interesting challenge."

Jackson then attended the Industrial College of the Armed Forces and went on to become a faculty member at the Air War College at Maxwell Air Force Base in Alabama.

From there Jackson returned to Kelly, where he worked in the Air Intelligence Agency as the Director of Maintenance and Plant Engineering for a year on the headquarters staff. He then became the commander of the Air Force Cryptologic Support Center.

When CPSC was broken up, the depot part was sent to AFMC and Jackson became the Director of the Cryptologic Management Directorate.

Kelly was selected for closure, and in October of 1996 the organization was re-subordinated to ESC. Jackson stood up the Air Force part of the Electronic Systems Group, Cryptologic Support Group. He was the commander for a year, and then came to Hanscom Air Force Base as the Vice Commander of the 66th Air Base Wing.

When the former commander of the 66th ABW retired, Jackson stepped into the position for two months. He was a central point of contact for many of the base moves going on since his arrival in May of 1997, and it was during his time as wing commander that many of the wing organizations—including the wing and support group command sections—actually moved into the Gen. George S. Brown Building.

A potentially disruptive time flowed smoothly for both

the employees and the customers.

He was also the head of the outsourcing and privatization (A-76) steering group on base, handling a sensitive issue carefully and expertly.

"Col. Jackson is one of the best colonels, if not the best colonel, I have had the privilege to work with. No matter how crazy things get, he always keeps his cool. Without him the A-76 Steering Group would have lost it on more than one occasion," said Marie McClanahan of ESC/XP. "In fact, we took up a collection so Col. Jackson could bring his horse here and not have to leave but he said his horse didn't like to be in a trailer. We suggested he go down and ride him back but Col. Jackson wouldn't go along with that idea."

Jackson and his wife plan to retire to her parents' farm in Mississippi.

"I loved every minute of it," Jackson said of his career. "It's always been fun working with folks. Challenges have always been there. It's been very good to me and my family. I have mixed emotions [about retiring] but I think it's time to go."

Jackson also said he really enjoyed his time at Hanscom. "It's one of the few bases in the United States that is really kind of a family community type of atmosphere," he said. "It's small and close-knit, and it's very similar to the experiences I had when I was overseas. At big bases like Kelly or Robins or other bases like that you don't have that same feeling."

According to those who have worked with him, Jackson will be truly missed.

"He is a very wise leader who a lot of younger leaders could learn from," said Tech. Sgt. Laurence Bodden of the 66th Mission Support Squadron. "He is able to make an intelligent decision without overanalyzing it. The wisdom and experience that he is taking with him will be a great loss for the Air Force and Hanscom."



Col. James M. Jackson III

Hanscom recruiting gets new commander

by Capt. Clayton Clark
360th Recruiting Group

Col. Harry B. McCarraher III assumed command of the 360th Recruiting Group, located at Hanscom, July 8.

Brig. Gen. Peter U. Sutton officiated the change of command from the previous commander, Col. Joseph W. Siniscalchi, Jr.

McCarraher's previous assignment was with the Nuclear Operations Division at the Joint Staff, Pentagon. Col Siniscalchi will become the Director of Reconnaissance at the Joint Staff, Pentagon.



Ahh! It's a monster!

Several airships scooted around the skies over Hanscom during the week of the Major League Baseball 1999 All-Star game held at Boston's own historic Fenway Park. A total of three dirigibles like this one used Hanscom Field to dock between events.

(photo by Airman Theresa M. Fike)

Tobacco use still too high, other news good, according to survey

by Douglas J. Gillert
American Forces Press Service

A 1998 survey of health behaviors among active duty service members reveals the Defense Department hasn't cut smoking rates as low as it would like, but the report is not all bad news.

Smoking levels dropped just two percentage points from the 32 percent level reported in a 1995 survey. Although DoD medical departments continue to propagate smoking cessation programs, a senior health care leader said the medics can't do it alone.

Tobacco use is one of many health-related behaviors the survey looked at, but it continues to be one of DoD's top health concerns, particularly from a military readiness perspective.

"Smokers are at sick call more than people who are not smoking," Mazzuchi said. "They're not as physically fit, not as able to do all the physical demands on the job when they smoke cigarettes.

"Literature shows that using nicotine replacement therapy, coupled with counseling, is the best way of getting people to stay off cigarettes," he said. "So DoD is examining very carefully how to make that benefit more uniform across our entire military health care system.

"Almost two-thirds of our smokers say they'd like to quit, but many of them have tried and been unsuccessful. We need to do a better job of helping them."

DoD began conducting the health behavior survey in the early 1980s, when officials were alarmed about allegations of illicit drug use by service members. Since then, active duty service

members have been surveyed for their life styles and health habits about every three years.

Mazzuchi said the department by 1995 had seen marked decreases in bad health habits like drug and alcohol abuse and tobacco use. He attributed the success rates to policies such as random urinalysis programs that backed up and enforced abstinence and reduction messages.

The latest survey shows that illicit drug use has dropped from 27.6 percent in 1980 to 2.7 percent in 1998. During the same period, heavy drinking (five or more drinks at least once a week) declined from 20.8 percent to 15.4 percent, and cigarette smoking fell from 51 percent to 29.9 percent.

"The surveys provide DoD with valuable information about why people do what they do, so we can develop measures to help them and tailor our education programs to meet their needs," Mazzuchi said. With the 1998 survey, for example, DoD wanted to learn more about the impact of stress on service members.

"We have found that stress levels in the military are fairly high," he said. "When you look at the reasons for stress, they are related to the operations tempo — deployment and family separation, for example. But the good news is that the coping mechanisms for that stress tend to be constructive things like talking to a friend, making plans, saying a prayer or doing physical fitness."

Concerning oral health, 90 percent of survey respondents said they'd

had a dental examination in the past year, although 16 percent needed dental care before deploying.

"We really want to make sure our people are dentally ready," Mazzuchi said. "There was a major push in dental health care about two years ago, and we're seeing the results now. We're very pleased and want to continue to maintain those high levels of health."

Questions about safe sex also appeared on the survey, but only 44 percent of unmarried respondents said they used condoms during sex. "We'd like that number to go up because of our concerns about venereal disease and AIDS, and we need to say that better to our people," he said.

Everything learned from the survey is used to maintain a baseline DoD uses to develop and improve education and intervention programs. He said the department isn't as concerned about actual numbers as it is about trends.

"Since we've done the survey approximately every three years, we can clearly look at trend data," Mazzuchi said. "We're not looking at individual health but at population health. What is the health of our population? Where we have



pockets of behavior that aren't healthy, how can we best reach those people and convince them to lead more healthy life styles?

"Our goal is to have our people be conscious of the fact that they control much of their health care destiny," he said. "The healthier they are, the better they can protect their country."

Help for smokers at Hanscom

by Airman Theresa M. Fike
ESC Public Affairs

The Health and Wellness Center in partnership with the base clinic can offer smokers a chance to eliminate nicotine from their lives.

Twenty-four percent of the Air Force smokes, according to Maj. Heather Ktenidis, the HAWC health promotions manager. Hanscom is somewhat lower at 17.5 percent.

Several programs are offered at the HAWC to military members, their dependents and retirees that have proven to be very successful.

Two classes, "Quit Smart" and Johnson and Johnson's "Pathways to Change," do not require medication to be taken.

"Quit Smart" is a self-hypnosis program that involves a health audio tape, book and a "fake cigarette" that helps to keep the deep breathing part of smoking that some people are use to.

Johnson and Johnson's "Pathways to Change" program requires you to fill out a send-in form. This program is more individualized and sends you monthly updates on tips designed to help and information on what to avoid. It also gives you a calculation on how ready you are to quit.

Habitrol patches, Nicorette gum and the Zyban pill are several kinds of medications designed to help you quit.

Patches and gum are nicotine replacement therapies that come in different doses to fit varied needs.

These medications have proven to be 30 percent successful, according to Capt. Doug Baker, a physician assistant at the clinic.

Zyban is not a nicotine replacement. Instead it works to control the mood swings and irritability that accompanies the process.

Those who take it will not stop smoking immediately, said Baker. Cigarettes will begin to taste old, bad or like air, and in a 10 to 14 day period, patients say that the urge to smoke dissipates.

Zyban has a 50 percent success rate and can be combined with the gum or patch to raise the percentages to 60, said Baker.

Three hundred Hanscom people have begun the program with the introduction of Zyban. And today half of those people are now non-smokers.

"It really has to do with the amount of willingness a person has to want to quit," said Baker.

These programs are offered at no cost. Those interested will have to be screened before prescriptions can be given.

To set up an appointment for any of these programs or medications, call the HAWC at 3-6560.

Buckle-up
it's the law

ITEA Chapter hosts workshop

by **Chuck Ashworth**
ESC/AWIN

Plans are coming together for a technical workshop which will be sponsored by the New England Chapter, in association with the Narragansett Bay Chapter, of the International Test and Evaluation Association in coordination with the Electronic Systems Center.

Set for Aug. 3 to 5 at the Sheraton Colonial Hotel, Wakefield, Mass., the unclassified workshop is entitled "Integration and Interoperability and Test and Evaluation."

The annual workshop, alternately run by each ITEA chapter, traditionally focuses on a current aspect of Test and Evaluation. This year the workshop will focus on the challenges involved in supporting the Command and Control Warfighter, exercising and demonstrating systems, conducting testing and evaluating in an evolutionary development environment, and ensuring seamless integration of new technology.

This year's three-day event will be attended by a number of key senior military and civilian leaders from Department of Defense Test and Evaluation Organizations, the Air Force (including ESC), Navy and Army. Each will speak on or chair technical sessions, addressing leading command and control issues. Many of the over 200 attendees will be from industry but ESC personnel are encouraged to attend, and many have already registered.

"This workshop is a great opportunity to exchange information in this rapidly expanding field," said Capt. Richard Escobedo, Detachment 1, 46th Test Squadron deputy of operations and workshop chair. "Integration and interoperability are critical issues in the development and acquisition of command, and control systems. We hope to highlight the value of test and evaluations in today's environment."

The first day will feature two short courses covering "Introduction of New technology into the C2 warrior's hands" and "Range data link interoperability." The courses qualify as Air Force training, according to Escobedo.

Day two will begin the formal part of the workshop. Col. Norman Johnson, former director of ESC Test and Evaluation, will welcome all attendees and introduce the featured speaker, Lt. Gen. Leslie F. Keene, the ESC commander. This workshop will mark her inaugural speaking engagement.

Two sessions will be held during the day. Session one, "Road testing C2 systems," will be chaired by Dennis Beaugureau from the Joint Interoperability Test Command.

The session will also include a number of presentations by ITEA members relaying their plans and experiences in this critical area of test and evaluation.

The luncheon guest speaker will be Patricia Sanders, director of Test, Systems Engineering and Evaluation, DoD. The afternoon session, "Supporting the warfighter," will be chaired by Steve Whitehead, from the Navy Operational Test and Evaluation Force. A series of presentations and discussion will focus on this essential element of integration and interoperability.

Day three of the Workshop will begin with "C2 testing in evolutionary acquisition" and will be chaired by Rear Adm. Robert M. Nutwell, deputy assistant Secretary of Defense for Command, Control, Communications, Intelligence, Surveillance, Reconnaissance and Space Systems. Presentations by contributing ITEA members will add to the interest of activities in this dynamic area.

The session will continue with guest panelists from ESC: Col. Henry "Trey" Obering III, director of the Expeditionary Force Experiment System Program Office; and Col. Gary Connor, Director, Joint STARS program Office.

Both senior officers have extensive experience and insight into the evolution of acquisition within DoD, and with international programs. The luncheon guest speaker will be Lt. Gen. William J. Donahue, deputy Air Force chief information officer.

The afternoon session on day three, entitled "Making the Future Today" will be chaired by Brig. Gen. Gary L. Salisbury, deputy director of the Joint Interoperability and Engineering Organization.

A number of presentations will address topics such as "Evaluation of the generic open architecture framework," and "Developer testing versus government functional testing: is developer testing good enough for mission critical systems?"

Escobedo will present the closing remarks and invite attendees to a guided tour of the ESC Command and Control Unified Battlespace Environment at Hanscom.

For information or to register for the workshop contact Jean Shivar at (703) 631-6121 or email jean@itea.org.

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Hanscom swimmer masters Long Island

by Rich Axtell
Base Pool

Last month, Gulf War Veteran John V. Langton, Jr. splashed into the East River for a 28.5-mile swim around New York City.

Langton, who trains with Hanscom’s Minuteman Master’s Swim Club, is an avid distance swimmer whose list of accomplishments include a swim across the English Channel and a 20-mile swim from Maine to Massachusetts. Langton used his latest swim, as well as his past swims, to encourage people to write Congress and press for funding for research on the debilitating and mysterious Gulf War Syndrome.

Joining 29 of the world’s top long-distance swimmers, including swimmers from the United States, Australia, Canada, Germany, Japan and the United Kingdom, Langton made his trip around Manhattan in 7:48:50. That time placed him 21st in a field that included star swimmers Tobie Smith and Tammy van Wisse.

Smith has competed in the 25-kilometer national championships in Florida and California and the Pan Pacifics in Japan. Wisse is a former winner of the Manhattan Island Marathon Swim and has won the Melbourne, Australia Marathon Swim.

The all-star field and 28.5 miles of muscle burning was not the most daunting part of Langton’s swim. With currents behind him, Langton cited that the swim would “only be like swimming 15 to 20 miles.”

What was on the back of his mind was the array of floating surprises that came his way. Langton recalled that a friend of his who previously swam the Manhattan race encountered a corpse.

Fortunately there was no police report waiting for Langton at the end of his journey. The most nerve-racking moments came when his hand caught an occasional plastic bag.

Langton said he keeps his mental psyche together by “putting times into perspective with past things that I’ve done.”

He said, “After one hour I know I’ve finished my warm-up at the Hanscom Pool, at 2.5 hours I’ve finished my workout for the day and at 5:40 I know that I’ve gone by the record time for a certain course.”

Preparation for Langton’s marathon swims include long amounts of time over total number of yards in the water. Just like running marathons Langton said, “Long swims are very important. They help your body as well as your mind.”

Two or three five-hour swims are the

norm before a major marathon swim.

When asked about diet in his training Langton smiled and said, “I eat what I want, when I want.” During competition shorter than four miles he will only consume fluids. For anything over four miles Langton says, “There is something about oatmeal cookies and bananas that I really like when I’m swimming.”

The bananas, a source of potassium, cannot fight off the muscle cramps alone so over-the-counter pills are also consumed during marathon swims.

Langton finds open water marathon swimmers to be a “great breed.” He adds, “There is real camaraderie with very little attitude.”

Advice given to new open-water swimmers is to start off slow with training. Begin in a lake with a buddy and swim easy along the edge. When the timing is right, “pick a race and go for it!”

Minuteman Master’s Swim Club trains Monday, Wednesday and Friday from 7 to 8:30 p.m. and Tuesday and Thursday from 6 to 7:30 a.m. MMSC is comprised of fitness swimmers, triathletes and national competitors. Nationally certified coaches coach all workouts.

For information call Coach Rich Axtell 3-2455 or email axtellr@hanscom.af.mil.



photo by Airman Theresa M. Fike

Hooping it up!
Darrelle Powell, 5, hoops it up with a little hoola-hooping during play time outside the Child Development Center.

Safety practiced in, under, upon the water promises Fun in the sun

by Staff Sgt. D. Brown
Safety Office

In, under, upon the water -- for all the family to have fun, they all need to respect the water.

Children should begin to take part in learn-to-swim programs as early as possible. Swimming and water skills need to be practiced continually and there are many opportunities to develop swimming skills in the local community.

Boating: Learn to swim to survive

When enjoying a swim in a pool or from your boat there are some things to remember. It’s safer to swim with someone else watching you.

If you wish to swim, snorkel or scuba dive, remember to let other people know you are going into the water. If you’re snorkeling or scuba diving in a lake use a class “A” flag to let boats know there are divers in the water.

If in a boat lower yourself carefully into the water—it is dangerous to dive off the boat. Not only might you upset the stability of a small craft but unknown depths and snags can trap a diver. Avoid swimming near dan-

gling lines or the propellers of power-boats. Look for signs of current flows before entering the water, and swim against the current so you can use the current to aid your return.

Everyone who goes on board a boat should be able to swim or at least tread water and have a good understanding of survival techniques. Most importantly, everyone on a boat should wear a suitable life jacket while they are on board.

Remember: A capsized boat left upside-down can trap the air inside. This will float the boat high out of the water and stop it from being swamped. You can climb on top of the boat to attract attention. It is safer to stay by your upturned boat as a support and marker than to use up body heat or risk drowning in an attempt to swim to safety. Many people who attempt to swim to safety never make it.

River swimming

If you suddenly find yourself in a fast-moving river, roll onto your back and get your feet downstream. Keep your heels a little lower in the water than your buttocks, but don’t let them go any deeper.

This posture is like sitting in a comfortable armchair.

Time your breathing so you breathe in when the wave troughs and breathe out when it crests. Turn your head to take the crests of the waves on the side of your face. Never attempt to stand up in a fast-moving current as you could be knocked over and may find it difficult to get your head above water. Use back-stroke to angle across the current to reach a quiet eddy and climb out.

Practice treading water to survive
Move arms and legs continuously.

If you are not wearing a life jacket, try to hold on to a buoyant object such as an oar or the upturned boat to help you keep as much of your head and body above water as possible.

Normal body temperature is maintained at 37°C. Hypothermia is the name given to medical problems which occur when body temperature drops to below normal. Water will conduct heat away from the body quickly so get out of the water as quickly as possible. Know the several techniques that can help a person in the water to delay the loss of body heat.

Practice HELP (H)eat (E)scape (L)essening (P)osture to survive

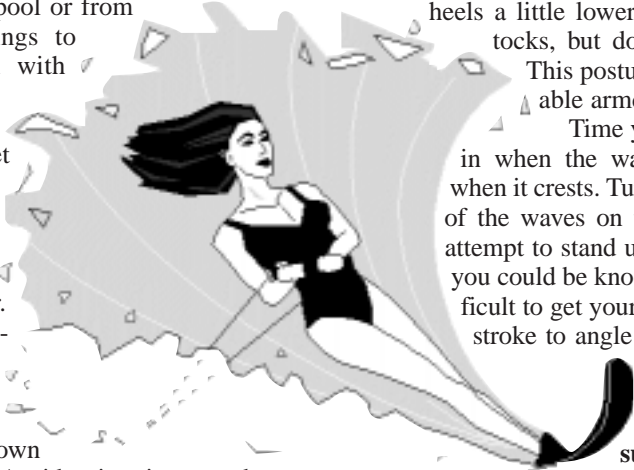
If you cannot get out of the water take up a HELP position. Tread water with as little movement as possible so that the water warmed by your body will not be lost. Heat loss from the body occurs through the head, armpits and the groin. These areas can be protected by holding the arms down the sides and up across the chest and by raising the knees and holding them together.

Practice the huddle to survive

If there are two or more people in the water, form a group keeping heads out of the water, arms hugging each other around the waist and legs intertwined. Keeping maximum body contact especially around the arms and the waist can increase survival time by up to 50 percent. Talk to each other continually and stay calm.

Practice wearing a life jacket to survive

Drowning is the biggest killer in boating accidents. About 80 percent of drowning victims were not wearing an approved life jacket. Children should wear life jackets at all times, as they are unlikely to be strong enough swimmers to survive in the water without one. To become familiar with wearing a life jacket it is a good idea to practice wearing it in the water.



Tops in Blue (from page 1)

Caldwell got a firsthand look at what it's like to work with the group when she volunteered last year to help put up sets, change scenery and work backstage during their stop at Hanscom.

According to Jim "J.C." Corcoran, marketing assistant for the Services Squadron and project coordinator for this year's show, Caldwell was the first to submit an application when the announcement for openings in this year's tour group went out.

"She has impressed me with her dedication and drive," said Corcoran. "She apparently impressed the 'Tops in Blue' people because they only take the best."

The group receives hundreds of applications each year. They have just 35 people in the group including both technicians and performers.

Carol Sudy, tour coordinator for Air Force Entertainment at Kelly AFB in San Antonio, recognized Caldwell's contributions

right away. "Jennifer is doing a terrific job. We're very happy to have her."

The Air Force group has performed with Bob Hope, Alabama and Lee Greenwood. They were also part of the halftime entertainment for the Super Bowl.

Tops in Blue will be coming to Hanscom for one performance only and seating is limited. It is free and open to all Hanscom personnel. Doors open at 7:30 p.m.



photo courtesy of Air Force Entertainment

From left to right, Tops in Blue '99 members; Airman Matt Williamson, Airman 1st Class Geoffrey Fisher, Staff Sgt. Timothy Miles and Airman 1st Class Richard Vasquez, Jr. perform at one of the group's recent shows.

It’s not just the heat, it’s the ozone

by **Lauren Liss**
Massachusetts Department of Environmental Protection

When the temperature rises, it can make all of us run for the cover of shade. For some of us, however — particularly the elderly, children, and people with respiratory diseases — hot summer weather brings with it more than discomfort. But it isn’t just the heat or humidity.

It’s the ozone. High in the atmosphere, ozone protects us all from the sun’s deadly ultraviolet radiation. Closer to the ground, however, ozone is harmful to people because it directly affects lung function.

People with asthma or other respiratory diseases feel the effects most.

When ground-level ozone readings are high it drives thousands of Massachusetts residents into hospital emergency rooms. In fact, according to the U.S. Environmental Protection Agency, as many as 20 percent of all summertime respiratory-related hospital visits in the Northeast are due to ground-level ozone pollution.

Children and seniors are also seriously affected. Kids are at the greatest risk from air pollution because they breathe in far more air in relation to body weight than adults. They are also more apt to engage in strenuous play on hot summer days when ozone levels are highest. Seniors are at significant risk as well because as we age our bodies lose respiratory defense mechanisms.

Although ground-level ozone occurs naturally in small amounts, the levels that can affect public health are a direct result of man-made air pollution. Harmful chemicals emitted from cars, trucks, buses, industry and other sources react with heat and sunlight to create ground-level ozone.

Most of the time, air quality in Massachusetts is pretty good, and it’s been improving steadily in recent years as

government, industry and consumers work together to reduce air emissions. But on hot summer days, the amount of ground level ozone can increase dramatically, and we all feel its effects.

In early June, Massachusetts endured several days when ozone levels were extremely high. Throughout the state, in addition to the blistering heat, people felt irritation to their lungs, eyes and noses. Those who suffer from asthma experienced incidents of acute respiratory episodes.

There’s an economic impact, too. Whenever ozone levels are high, we see increased employee sick days and school absences, as well as a loss of production in the workplace.

“Even at ‘moderate’ levels, people with heart or lung ailments should consider limiting outdoor activities during the afternoon and evening hours when ozone levels are highest.”

Lauren Liss, Commissioner
Mass. Dept. of Environmental Protection

The good news is that we can predict those “bad air” days, and people can take precautions to limit the health effects of ozone in the air. The Department of Environmental Protection continually monitors air quality in Massachusetts and makes that information available to the public throughout the summer ozone season. Each day, we release information about the current and following day’s air quality.

This Daily Air Quality Report is available to Massachusetts residents by calling the toll-free Air Quality Hotline at 1-800-882-1497, or by visiting our Web site at www.state.ma.us/dep. Our air quality experts rate the air quality as being “good,” “moderate” or “unhealthy,” and recommend specific health precautions for each level.

Even at “moderate” levels, people with heart or lung ailments should consider limiting outdoor activities during the afternoon and evening hours when ozone levels are highest. When air quality is deemed “unhealthy,” everyone should avoid any strenuous activity during those hours. If you experience any respiratory symptoms — such as coughing, throat irritation, chest pain, or shortness of breath — you should consider consulting your doctor.

Since ground level ozone is the result of air pollution, there are things we can all do to help reduce it. Keeping motor vehicles well-maintained is among the most effective methods of reducing air pollution. A well-maintained car not only burns less fuel, but it also runs more cleanly and efficiently. Getting your car checked for vapor leaks, keeping tires properly inflated, and regularly replacing your oil are effective ways to do your part for cleaner air in Massachusetts.

On days when ground level ozone is high, avoid refueling your vehicle in the daytime or better yet — take public transportation. If you must refuel, do so after dark to avoid evaporation and don’t “top off” your gas tank. It also helps to avoid using lighter fluid on charcoal grills or oil-based paints or solvents. Postpone using gasoline-powered lawn mowers or garden equipment until the air quality has improved.

It’s been a hot summer, thus far — and it has only just begun. The next time you hear someone say, “It’s not the heat, it’s the humidity,” remember: It’s also the ozone. Being aware of its effects and how to counter them should help us all breathe easier.

Third in a series - Childproofing your home:

Safeguarding the child’s bedroom

by **Peter F. Griffiths**
Outreach Manager for Family Advocacy

Families with children who are learning to crawl and walk should take a few moments to check their homes for potential hazards. This article will offer tips on reducing potential hazards in the child’s bedroom.

To begin the child proofing process, it is best to do so from your child’s point of view by getting down on your hands and knees and crawling through your child’s bedroom. What potential hazards do you see at this level?

Here are some suggestions to reduce the potential hazards:

- ❑ Electrical outlets: Cover the outlets with plastic caps or place heavy furniture in front to hide them. Wrap up any slack in the electrical cords that are plugged into the outlets and keep them out of a child’s reach.
- ❑ Any hanging cords on curtains or blinds should be tied high and

out of reach. Dangling cords should not be over or beside an infant’s playpen or crib.

❑ Bedroom furniture should be placed in a manner that prevents it from tipping over if a child decides to climb on it.

❑ Throw rugs should have a non-skid backing.

❑ Consider replacing locking doorknobs with non-locking ones or reverse the knobs to prevent children from locking themselves in their room by accident.

❑ If the bedroom is shared with an older child, explain to the older child the importance that some toys, especially small ones, are dangerous for a younger child who may place the toy in its mouth and choke on it.

❑ If you have a crib for the infant, make sure that the spacing between the rails on the crib are no wider than 2 3/8”. The space between the crib sides and the mattress should be less than or equal to the width of two adult fingers.

❑ It is recommended that infant toys not be left in an infant’s crib. Infants can suffocate on rattles, teethingers or squeeze-type toys.

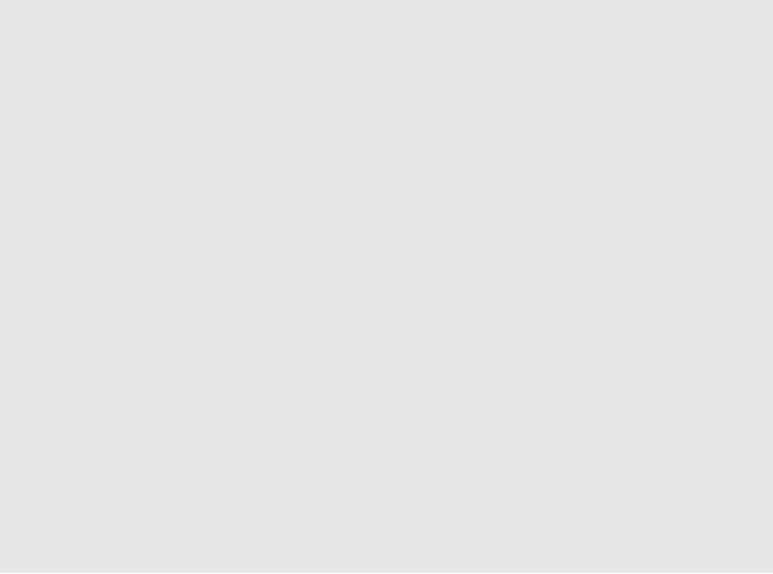
❑ If you have older children of three, four or five years, they are usually curious about their baby sibling and may want to hold the infant. To reduce the risk of your older child lifting the baby out of its crib, set the crib mattress at its lowest point and leave the crib railings up.

❑ Remove any furniture like chairs, step stools, bureaus and beds that the older child may use to climb into the crib. A house rule for your older child of “No standing on a chair or climbing on furniture,” may be appropriate.

❑ If your infant shares a bedroom with an older child, consider investing in a baby monitor or installing a room intercom which can help you keep alert to any signs of distress or activity while you are in another room.

These suggestions and others

like them can be found in a booklet by Vicky Lansky, Child Proof Your Home, or on the web at <http://baby-zone.com/proof.htm>. You may also call the Outreach Manager for family advocacy at 3-4396 or e-mail him at griffithp@hanscom.af.mil for additional tips.



Golf Invitational to be held

by Capt. Trevor Haak
New England Chapter of the
Association Of Graduates

The New England Chapter of the Association of Graduates will sponsor its annual golf outing Aug. 3 with the support of Air Force Association and AFCEA at Townsend Ridge Country Club, a very scenic course that will challenge players of all levels.

There are two formats of play to provide the widest opportunity for participation in this outing. A shotgun format will be used starting at 8 a.m.

Townsend Ridge CC allows “soft spikes” only, no metal spikes allowed. This a common standard at courses around the country for preservation purposes. The awards luncheon will be held at 1 p.m. at Bradford CC.

In continuing the NEAOG’s tradition of reduced entrance fees, the entry fee for government or military personnel is \$50

and \$90 for all other participants. All entry fees go toward expenses (green fee, cart rental, dinner, and prizes) plus a contribution to the Air Force Academy Fund.

Prizes will be given to the top three finishing teams in each flight. Also, the individual player who cards the lowest score while playing the “Modified Team Best Ball” format will receive a trophy, as well as each member of the team that cards the lowest score playing this type of format.

Once again, the Commander’s Trophy will be up for grabs for the team that cards the lowest score while playing the “Scramble” format. In addition to the golf prizes and awards, there will be more than \$1,000 worth of “door” prizes and each player will receive a memento of the occasion.

Cut-off date for all transactions will be, July 28. For registration information, call Capt. Trevor Haak at (781) 377-6814 or write to *haakt@hanscom.af.mil*.

To report a
fire, stop a
crime or
save a life,
dial 911

Archbishop (from page 1)

at 220 installations in 29 countries, patients and their families at 172 Veterans’ hospitals, and federal employees and their families assigned overseas in 134 countries.

In total, O’Brien ministers to more than 1.2 million Catholics.

Speaking of Sandi, the archbishop said, “Monsignor Sandi has earned the high regard of his

fellow priest-chaplains for his generosity and enthusiasm in service of his people. He is willing to step forward whatever the task and takes initiative with imagination and competence.”

O’Brien endorses Catholic chaplains for service in the Army, Navy, Air Force, Marine Corps, Coast Guard, V.A. Medical Centers and government

service overseas.

Again referring to Sandi, he said, “He is the ideal of the parish priest in uniform and this honor from our Holy Father is a tribute to him and an encouragement to our many chaplains who serve generously.”

The Eucharist will take place Aug. 1 at 10:45 a.m. in the base chapel.

Visit the Hansconian online: <http://www.hanscom.af.mil/Hansconian>

Y2K update: So, when will the millennium bug bite?

by Bill Lubera
Air Force Materiel Command
Y2K Office

Wright-Patterson AFB, Ohio--

When will the Y2K bug bite? If you answered Jan. 1, 2000, you’d be only partially right. Most people are unaware that there are several critical dates with respect to Year 2000 or Y2K computer concerns.

Of course, the best known of the potentially problematic dates is the calendar New Year’s Day, Jan. 1, 2000. But what about fiscal new year’s day, Oct. 1, 1999, the first day of the fiscal year 2000? That also poses a problem, because computers have to process fiscal year 2000 transactions just as they do calendar year 2000 entries.

But even before then, there is Sept. 9, 1999. This date can be abbreviated as 9/9/99 - the four 9’s

predispose it to be disruptive. The date abbreviation “9/9/99” can be misinterpreted by some software programs as “9999” which means “end of file” in many programming routines.

And after the calendar reaches Jan. 1, 2000, is the Y2K problem over?

“By no means,” said Dorothy Tuck, Chief of the AFMC Y2K Program Office. “The year 2000 is a leap year. We’ll be watching to make sure that our systems accept the 29th of February and roll over smoothly to the 1st of March 2000.”

So when is the last chance for the Y2K bug to bite us?

“We’re pretty confident that after we pass Jan. 1, 2001, the first date of the new millennium, that we’ll be safe from then on,” Tuck said. “By then we’ll have tested, validated, and resolved every condition that could cause problems.”

U.S. Savings bonds

The Great American investment.

Calendar of Events

Wednesday

ESC Acquisition and Tenant Units Quarterly Awards

The ESC Acquisition and Tenant Units Quarterly Awards is scheduled for Wednesday at 3 p.m. in the O'Club Ballroom. All Hanscom people are welcome. Attire for everyone is uniform of the day. The price is \$5. Reservations are being accepted at the 66th Mission Support Squadron Orderly Room, Bldg. 1600, 1st Floor. Contact Airman 1st Class Mike Hollenbeck at 3-8878. RSVP by 4 p.m. Wednesday.

Upcoming and Weeklies

Airman Education and Commissioning Program

The Airman Education and Commissioning Program is open to airmen with two years of college pursuing a baccalaureate degree in meteorology, computer engineering, electrical engineering, foreign languages or foreign area studies. The application cut-off dates for a memorandum of academic eligibility is due to AFIT/RRE Dec. 1. Applicants who successfully complete their academic phase of AECP will enter Officer Training School. Interested individuals should contact the base education office at 3-3120 to schedule an appointment with a counselor.

Squadron Coins available

The 49th Test and Evaluation Squadron, Barksdale AFB, LA, now has squadron coins for public sale. Coins are minted, numbered and sealed in a high quality plastic case. Cost is \$6, plus \$3 shipping and handling per coin. For information contact Tech. Sgt. Bret Lamb at (DSN 781) 318-456-8128, or email Bret.Lamb@Barksdale.af.mil.

Hazardous waste turn-in

Household hazardous waste turn-in is at Bldg. 1820, Dow Street, in the 66th Civil Engineering complex from 8 to

9 a.m. every Tuesday. This turn-in is available for both on-base residents and base organizations. For information contact Robert Spelfogel at 3-8207.

Funded Certification Examination Pilot Programs

Eligible military candidates have until Sept. 30 to participate in the funded certification examination pilot programs. Funded examinations are available for the Liaison Council on Certification for the Surgical Technologist, Institute for Certified Computing Professionals, and Electronics Technicians Association, International - Fiber Optics Installer. For additional information, go to the certification web page at: <http://voled.doded.mil/dantes/cert/index.htm> or call DSN 922-1360 or (850) 452-1360.

Sign Language Volunteers

There are several hearing-impaired employees at Hanscom who are in need of interpretive services. Volunteers who are familiar with sign language are being asked to help these employees at meetings, conferences and official functions. Even a short amount of time can make a significant difference to the hearing impaired on the base. Experience with American Sign Language, signed English and finger spelling would be helpful. For information, call Laurie Cunningham at 3-4054 or Andrew Hodyke at 3-8473.

Volunteers Needed

Put your expertise to work and make a difference in someone's life. You might even develop new skills. Either way, you'll certainly improve your community and make new friends. And if that's not enough, we'll help you help us by offering free child care and flexible hours - all this by volunteering at Family Services.

"Worker-bee" and leadership positions are available in the areas of office, lending locker, Attic, brochures, welcoming, STRIPES, layette and special projects. If you enjoy a challenge and want to be part of a winning team, call Jacqi Thomas at 3-4222.

Housing Office Closure

The Family Housing office will be closed every Tuesday at 2:30 p.m. for staff meeting and training. Emergency service can be handled by calling 3-4590. For information call Kim Kintzel, housing manager, at 3-3387.

Computer-based Training Arrives at Hanscom

The Communications and Information Division Training Office provides many computer-based training courses to all government personnel assigned to Hanscom. This program will allow you to download a training course to your computer and take the course at your convenience. The office has more than 100 courses available covering areas such as Windows NT, Microsoft Office, UNIX and Networking fundamentals. Active-duty members or government civilians interested in taking CBT courses must now register at the following web site <http://www.nosc-cbt.wpafb.af.mil> If you have questions call the SC Training Office at 3-1253.

Volunteers Needed for Recruiting Program

The 319th Recruiting Squadron is looking for active-duty members to volunteer for the Recruiting Role Model Assistance program. Volunteers will talk about their area of expertise to high school students throughout the New England area. For information about the program or to volunteer, contact Tech. Sgt. Michael Lord or Staff Sgt. Claudette Hutchinson at (603) 427-5055.

Patriot Dining Facility

The weekday hours of the facility are as follows:
Breakfast — 6 to 8 a.m.
Lunch — 11 a.m. to 1 p.m.
Dinner — 4 to 6 p.m.
Weekend and holiday hours:
Brunch — 7 a.m. to 1 p.m.
Supper — 4 to 6 p.m.

| | |
|---|---|
| Friday Lunch: braised beef cubes, onion lemon baked fish* Dinner: roast beef, turkey and broccoli casserole* | roast turkey* Dinner: meatloaf, teriyaki chicken* |
| Saturday Brunch: pork chop suey, chicken adobe Supper: barbecued meatballs, baked turkey and noodles | Tuesday Lunch: cheese manicotti, beef stew Dinner: braised liver and onions, pasta with clam sauce* |
| Sunday Brunch: spaghetti with meat-sauce, chicken stir-fry* Supper: barbecued franks, chicken patty | Wednesday Lunch: Mongolian barbecue* Dinner: ham, macaroni and tomato casserole, vegetarian stuffed cabbage* |
| Monday Lunch: knockwurst with kraut, | Thursday Lunch: barbecued beef cubes, chicken enchiladas* Dinner: honey glazed Cornish hen, Italian sausage |

Items listed with an "*" are "Check It Out" healthy items. For information on the facility or the menu call Master Sgt. Harold Warnett at 3-2189. NOTE: Menu items are subject to change.

Colonial



Theater

Friday 7:30 p.m. -- NOTTING HILL
- Anna Scott is the world's most famous movie star. William Thacker owns a travel bookstore. When Anna and William's paths cross in the neighborhood of Notting Hill, romance is the last thing on their minds. **PG-13** (sexual content and brief strong language) **124 min** Starring: **Julia Roberts, Hugh Grant**



photo courtesy of movieweb.com

Saturday 7:30 p.m. -- THE MATRIX
In a universe run by computers, human beings are used as batteries for bio-electric energy to fuel the artificial intelligence known as the Matrix. The Matrix has created a virtual reality to make its inhabitants think they are living happy, creative, productive lives. **R** (sci-fi violence and brief language) **135 min** Starring: **Keanu Reeves, Laurence Fishburne**

Sunday 7:30 p.m. -- NOTTING HILL

Admission is \$3 for adults and \$1.50 for children. Schedule is subject to change without notice. Call 3-7940 for movie information.



Top photo: A scenic view of the Charles River and the John Hancock Building. Bottom left: The North End with its contrasting buildings of Italian restaurants and historic churches. Bottom right: Birds sit on a tombstone at Concord's Hill Burying Ground. Second page, center photo: Trees garnish a memorial of George Washington at Boston Public Gardens. Bottom left: A little boy at Walden Pond is greeted by ducks. Bottom right: The bleachers are full during a Red Sox game at Fenway Park.

(Photos by Capt. Joe Allegretti)



ATTENTION HANSCOM...

It's time to get out, explore, see what Massachusetts is all about

Commentary by Capt. Joe Allegretti
ESC Public Affairs

Freedom beckons,
adventure calls;
explore our roots

Being stationed at Hanscom and not seeing the Greater Boston area is like floating in space amidst the most spectacular view imaginable ... and not opening your eyes.

So, open your eyes! Get off base. See and live the freedom you defend.

Since I first moved on base about six months ago, I've often been surprised to meet residents here who are, in a sense, living with their eyes shut — people who simply don't get off base. Their reasons often befuddle me, considering how much of our nation's history is in our backyard.

For many, Boston traffic is too stressful to make sightseeing worthwhile.

Forget the traffic. Concord's Walden Pond is a pleasant 3-mile jaunt from here. This is where Henry David Thoreau, former Concord resident and famed author of *Walden*, went to "live deep and suck out all the marrow of life."

At Walden you can relax in the tranquil woodlands and appreciate the historic and literary significance of Thoreau's experience. Or just sprawl all over the beautiful beach and enjoy the summer sunshine. Heck ... why not go for a swim afterwards?

Also, about three miles away is the Old North Bridge, where the Concord militia fought the first victorious battle of the

American Revolution.

In biking distance is the Lexington Battle Green, site of the first battle of the Revolution. On April 19, 1775, the "shot heard 'round the world'" was fired there when British red coats, on orders to quell dissension among the colonists, were confronted by Lexington minutemen. The fateful battle ultimately led to the birth of our nation.

Of course, there is plenty of fun to be had beyond the reach of your feet. And the Massachusetts Bay Transportation Authority can get you there — without the stress. It operates regular bus service from here to the Alewife "T" subway station. There are bus stops at the commissary, by the theater, in front of building 1606 and near the enlisted dorms.

From Alewife, many of Boston's attractions are within easy reach. The MBTA has schedules and maps on the World Wide Web at www.mbta.com.

When you arrive in "America's Walking City" your options will seem endless. Catch a Red Sox baseball game at famous Fenway Park. See the creations of Renoir and Monet at the Museum of Fine Arts. Enjoy an authentic taste of Italy in the North End.

Yes, these attractions cost money — a common "fun vac-

uum" for many budget-conscious base dwellers. Have no fear. Some of the best things to do off base are free.

One of the most fascinating ways to see the area is to walk along Boston's Freedom Trail. The trail is a 2.5-mile red line painted along certain sidewalks and streets. It goes all over the city, from one historic site to

here don't realize what we've got," said Leaf-Herrmann.

People who have realized, have, in a sense, walked through history. Ask anyone from Hanscom who has taken the trek and they will likely describe an intense and meaningful experience.

"I was overcome with patriotic, revolutionary fervor ... it's definitely at the top of my 'recommended list' for friends and family who haven't been to Boston," said 1st Lt. David L. Englin, a public affairs officer here. "You could spend weeks checking out all the amazing sites, getting lost in the history of it all," he said.

Indeed, Boston is like another place in time. At any given corner you expect to see ghosts from the past, as if in a Dickens' novel. Perhaps you might see the likes of buckled Benjamin Franklin, once a resident.

"Dost thou love life? Then do not squander time, for that is the stuff life is made of," Franklin might advise, as he did so many years ago.

You say you don't have the time? Take a good look at how you're spending your off-duty hours. Perhaps you've developed an intimate relationship with your television. Maybe

you recently became an Internet junkie, stuck in the far reaches of a nebular cyberspace void. Chances are you could cut back on both.

Take leave and visit the area. We active-duty people often take for granted the fact that we get 30 days of paid leave every year. Certainly a few days of leave could afford you some good sightseeing.

I know we work hard at Hanscom, and the demands placed on you can sometimes hinder your ability to get out. But, take whatever measures you can to keep from spending too much of your off-duty time on base. When you leave here, you will leave with a little bag of memories. Would you rather have that bag full of memories of your favorite television show or your adventures in the area?

If none of the above has convinced you to get off base and see the Greater Boston area, let me make one final suggestion.

Visit the reasons why we're in uniform today.

In Bedford. In Concord. In Lexington and Boston. There are cemeteries with tombstones dating back to the 1700s. They are home to legions of soldiers who fought and died for your freedom in the Revolution. And until you stand in their quiet neighborhoods and survey their domain, it is hard to appreciate the scope of their sacrifice.

"Live free or die," said Gen. John Stark, who fought the British at Bunker Hill, just down the road from here. Get off base. See the Greater Boston area. Get in touch with your freedom. And when you leave Hanscom, you will have lived.



another. And it's free.

Landmarks include the site of the Boston Massacre; Faneuil Hall, where people like Samuel Adams stoked the flames of freedom that started the American Revolution; the cemetery where patriots John Hancock and Crispus Attucks are buried; and the Old North Church, where Paul Revere had lanterns hung to warn of impending British attack.

The unique trail encompasses "all these historic places juxtaposed against modern Boston and that's what makes it really neat," said Sarah Leaf-Herrmann, Freedom Trail Foundation spokeswoman.

"Tourists come from all over the world, but people who live



Happenings

Fitness Enhancement

❑ **Assertiveness Training class** will be held at the HAWC Tuesday and July 23 from noon to 1 p.m. as part of a series on learning how to express your feelings and needs to others forcefully and honestly, yet politely, which can significantly reduce your level of stress. Call 3-6560 to register.

❑ **Healthy Living Class “Fitness for Life”** will be held at the HAWC Tuesday 4 to 5 p.m. The class will define physical fitness, cover how to evaluate the intensity of your exercise for maximum benefit, and provide methods to reduce risk of exercise related injuries. Call 3-6560 to register.

Parenting

❑ **Mom said, Dad said class** will be held at the Family Support Center Monday, 11:30 a.m. to 1 p.m. Sue Speilman, parent educator from Jewish Family and Children’s Services, will look at why we sometimes disagree with our spouses about discipline, guidance and other basics of child rearing, and how you may find common ground and raise your children as partners. Call 3-4222 to register.

Work and life

❑ **Coping with Temporary Separations** class will be held at the Family Support Center Monday, 4 to 5 p.m. A monthly information and support group for spouses of deployed, TDY or remote tour service members.

❑ **Newcomers “T” Adventure** will be held at the Family Support Center Tuesday, 8 a.m. to 3:30 p.m. Newcomers, you are invited to a fun, informational seminar to find out what is going on at Hanscom and in Boston. Afterward, ride into Boston with us using the “T”. All you’ll need is an adventurous spirit and \$4 for bus and subway fares. You can bring a lunch or purchase lunch downtown. This program is part of the community orientation for inprocessing; newly arrived service members do not have to take leave to attend. Call 3-4222 to register.

❑ **Sponsor Training** will be held at the Family Support Center Wednesday, 2 to 3 p.m. Learn what to expect, what is expected of you and what base resources you can use to ensure our incoming service personnel and families have a smooth move to Hanscom. This training is prerequisite for all sponsors. Call 3-4222 to register.

❑ **Inbound Relocation Seminar** will be held at the Family Support Center July 23, 9 to 10 a.m. Welcome new Team Hanscom members. Receive your official introduction to Hanscom’s settling-in services for new arrivals: local community information, spouse employment, volunteer opportunities, homefinding, budgeting, and more. Call 3-4222 to register.

Employment

❑ **Business Dress Basics for Men** will be held at the Family Support Center Tuesday 11 a.m. to 1 p.m. Learn what to wear for an interview in 2000. Fashion experts will present the dos and don’ts of dressing for success for job-seeking men. Bring your lunch. Call 3-4222 to register.

❑ **Business Dress Basics for Women** will be held at the Family Support Center Wednesday, 11 a.m. to 1 p.m. Learn what to wear for an interview in 2000. Fashion experts will present the dos and don’ts of dressing for success for job-seeking women. Bring your lunch. Call 3-4222 to register.

Air Force Sergeants Association

❑ The Air Force Sergeants Association holds its monthly meeting the last Thursday of every month at 12:30 p.m. in the Enlisted Club. The meeting is a working lunch and is open to all ranks.

For information call 3-3748 or 271-5818.

Patriot Senior NCO Association

❑ The Top Three Association is a professional membership association for senior non-commissioned officers, active duty and retired.

The group actively supports the men and women of Hanscom and the surrounding communities. The Top Three also serves as a base network for problem-solving and encourages comradeship. Meetings are held the last Tuesday of every month at the enlisted club.

For information call Master Sgt. Darryl Lindgens, 3-3459.

Company Grade Officers’ Council

❑ The Company Grade’s Officer Council is an organization open to all company grade officers (and all services) for the purpose of maintaining a forum for junior officers to serve the Hanscom community, identify and voice concerns, provide a social outlet and develop an esprit de corps among the members.

The Council is holding its next general assembly meeting today at the Mini-Golf Gazebo. A social will start at 4 p.m. and the meeting will run from 4:30 until 5 p.m.

The Council also sponsors crud every Friday night at the O’Club crud room in the Powder Keg Pub. Crud starts around 5:30 p.m., and all new and experienced players are welcome.

For information on crud contact Capt. Mark Connell at 3-1777.

For details and information visit the CenterNet Website at <http://esc.hanscom.af.mil/cgoc/orgC-GOC.htm> If you do not have access to the CenterNet, you can visit our WWW site at <http://www.hanscom.af.mil/CGOC>.

If you need further information please contact the CGOC President 1st Lt. Marty Mears 271-2983, or Vice President Capt. Nicole Moses 3-8036.

Enlisted Wives’ Club

❑ The Officers’ Wives’ Club extends a warm invita-

tion to those eligible officers’ spouses to become a member. This club hosts a monthly meeting for social and service purposes. In addition, numerous activity groups are offered to our members such as bridge, bowling, bunco, mah-jong, and book and garden clubs. Consider a membership in this club and experience the many benefits it has to offer you.

For membership information call Kendra Ellmyer at 274-7489. For activities information call Lisa O’Neill at (978)244-0448.

Cub Scouts

❑ **Cub Scouts** provides boys in first through fifth grade with a chance to learn and grow in a thriving program that is deep in tradition and lots of fun.

If you have a boy interested in scouting or wish to get involved as an adult volunteer, call Cubmaster Kathy Schnepf at 274-0120.



Chapel, Bldg. 1603, 3-3538

❑ **Catholic masses:** Saturdays at 5 p.m., Sundays at 7:30 and 11 a.m. and weekdays at 12:05 p.m.

❑ **Protestant worship:** general Protestant Service — Sundays at 9 a.m.; Gospel Service — Sundays at 12:30 p.m.

❑ **Jewish services:** the first and third Friday of the month from 11:30 a.m. to 12:30 p.m.

❑ **Eastern Orthodox:** for information contact Tech. Sgt. James M. Boubonis at 274-8714.

❑ **For information** on chapel services, call 3-3538 or 3-3539.

Chapel Events

Protestant Bible Study

Everyone is invited to attend the Protestant Bible Study held each Thursday at 7 p.m. in the chapel annex. Deacon Andra Jones leads this study. Call him at 274-8549 or send an email to deaconjones@bigfoot.com if you have questions.

Musical Concert

Outdoor Musical Concert and Luncheon July 27. All are invited to join the whole base here at the chapel at 11:30 a.m. for a barbecue luncheon on the Chapel lawn and a wonderful 40 minute musical presented by the Frazer Memorial United Methodist Church Youth Choir from Montgomery, Alabama. This youth choir is on its annual national tour and arrangements have been made for it to stop here at Hanscom and give us a chance to enjoy its music and message while also enjoying a luncheon. You may pick up your ticket (no charge — chapel is providing the catered luncheon and will be accepting donations that day) at the chapel office.

Call the chapel secretary at 3-3538 for information.

People’s Corner

Global Air Traffic Operations Mobility C2 (GATO/MC2)

Welcome to Maj. Diana Garcia, 2nd Lt. Robert Enrico and Maj. Justin Seiferth. Happy birthday to Airman 1st Class Chastity White, Capt. Reagan Echols, Robert Anapol, Barbara

Lawrence, Tony Siracusa, Doug Taylor, Capt. Chris Barker, Capt. Jermont Chen, 2nd Lt. Kevin Rhodes and Barry Irwin. Congratulations to 1st Lt. Lt. Kevin Rhodes on his promotion and to Maj. Grant Carlson on his selection for lieutenant colonel.



Services

Editorial comment is edited, prepared and provided by the 66th Services Squadron at Hanscom. All photos are Air Force photos unless otherwise indicated. Any questions about this supplement may be addressed to Joan Barnhart at 3-9681.

What's Happening in Services

Outdoor Recreation Bldg. 1531, 3-5316

❑ Don't forget to use Outdoor Recreation for **UPS shipping**.

❑ A **self-study Boaters Safety Course** is now available through Outdoor Recreation. Remember, all potential boat renters must take this test to rent from us.

❑ The **mini-golf** complex is now open, Wednesday through Sunday, noon to 8 p.m. Adults \$2 and children \$1 for 18 holes. Book your party or squadron function with us by calling 3-5316.

❑ Attention **Volksmarch** enthusiasts. This year the Volksmarch will be conducted Sept. 18 at Fourth Cliff. Plan now to join us for this annual event and be ready to celebrate with us as we combine our Volksmarch with our Oktoberfest Celebration. Details and registration information will be coming.

❑ Bring your **propane tank** to us Monday through Friday by 1 p.m. and pick up the same day by 3 p.m. Only \$8.

Base Library Bldg. 1530, 3-2177

❑ **Story Time** for children takes place every Tuesday, 10:15 to 11 a.m. Children ages three to five are invited to join us for stories and craft activities.

❑ On July 23 the Base Library will be holding its **first Grand Prize drawing** for Book Busters. This will be for a Party Package at the Bowling Center for the winner and five friends. All participants are welcome to attend. The drawing is for children who have read 10 or more books in the Book Busters program. Drawing will take place at 2 p.m.

❑ The Base Library now offers **internet access**. Call for details.



Fitness and Sports Bldg. 1548, 3-3639

❑ The Fitness and Sports Center offers **22 aerobic classes** each week. Stop by or call for schedule

and details of class levels and times.

❑ **Therapeutic Massage** is offered Mondays between 8 and 11 a.m. and 1 to 4 p.m. Appointments are available on the half hour for \$30 or \$50 for one hour. Appointments must be accompanied by payment.

❑ **Free martial arts classes** are held every Monday and Wednesday from 7 to 8:30 p.m. and Saturday, 11 a.m. to 1 p.m.

❑ **Intramural tennis** will begin in August. See your unit sports representative or call the Fitness Center for more information.

❑ **Individual fitness assessments** are available. Call customer service at 3-3639 to schedule your appointment today.

❑ July's **5K Fun Run or Walk** will be held July 29 at 9 a.m. Cost is \$10 for T-shirt and fitness drink or \$3 for just the drink. A traveling trophy for the squadron with the most participants and for the fastest five-person run team is awarded. Call 3-3639 for registration information.

Auto Hobby Shop Bldg. 1702, 3-2612

❑ The Auto Hobby Shop is still open for service. Call us to schedule your tough maintenance jobs. Our hours are Tuesday through Friday, 10 a.m. to 6 p.m. and Saturday for the do-it-yourself mechanic from 8 a.m. to 6 p.m. We are operating on a week-by-week basis until we move to our new facility.

❑ Get your car clean at Hanscom's **Car Wash**. Take advantage of our fully automated touchless system, or the do-it-yourself manual system. The choice is yours.



Hanscom Lanes Bldg. 1531, 3-2237

❑ **Bowling Bingo** runs daily from 11 a.m. to 10 p.m. Win up to \$1,000. Only \$1 per chance.

❑ **Family Bowling** every Saturday

in July. Choose from 3 to 5 p.m. or 5:15 to 7:15 p.m. Cost is \$7 per lane for two hours of bowling.

❑ **Glow Bowling** is today, July 24 and 30. Today we are also having a **"Grease" Couples Night Glow Bowling**, \$12 per couple, prizes for best costume; assorted games. Reservations required.

❑ Book your next birthday party with us. Tuesdays and Wednesdays are available from 2 to 4 p.m. and Saturdays from noon to 2 p.m. Reservations must be made in advance by calling us between 9 a.m. and 5 p.m., Monday through Friday.

Swimming Pool Bldg. 1550, 3-2455

❑ Register now for base swim teams, both youth and masters. Call Rich at 3-2455.

❑ The pool will close at 2 p.m. today and remain closed through July 18 for a Swim Meet. Come support our team.

❑ Swim lesson registration ends today for Session III lessons which begin Monday. All classes run Monday through Thursday at 8, 9 or 10 a.m. Call for information.

Youth Center

Bldg. 1993, 3-3739

❑ **Youth Summer Camps** are in full swing. Check with us for available openings. A fee of \$10 per child (not currently enrolled in the school-age program) is due at time of registration. Camps operate Monday through Friday, through Aug. 28.

❑ The Northeastern University **Soccer Camp** will be held at the Youth Center from July 26 to 30, 9 a.m. to 3 p.m. daily, \$100 per child, for boy's and girl's, grades three to nine. Register at the Youth Center.

Patriot Golf Course 781-687-2396

❑ Join the Patriot Golf Course on July 24 for a two-person Stapleford Tournament and July 30 for the Patriot Scramble Tournament which includes lunch and prizes.

For information, call the Golf Shop at 687-2396.

Club Happenings

❑ **Wednesday night buffet** is 5 to 7 p.m. at the Enlisted Club; \$6.95 for adult members, \$3.95 for kids. Surcharge applies.

❑ **Thursday lunch buffet** at the Enlisted Club. 11:15 a.m. to 1 p.m. \$5.50 per person, surcharge applies.

❑ Everyone is invited to enjoy the **Tuskegee Airmen Room** at the Enlisted Club. As a reminder, this is a designated non-smoking area.

❑ **Steak night** every Tuesday at the **Enlisted Club** from 5 to 8 p.m. and every Thursday at the **O'Club** from 5:30 to 8:30 p.m. Everyone is welcome.

❑ **Club catering services** are available for that special party or function. Call Karen Cardoos at 3-9694 for information.

❑ Sunday **"Champagne Brunch"**, at the Officers' Club, July 25 from 10:30 a.m. to 1:30 p.m. Open to all base personnel. Adults are \$9.95, children ages six to 12 are \$5, and kids five and under are free.

❑ Come and enjoy a great lunch of steak, baked potato or fries, salad, vegetable and more for only \$6 (members only please) every Thursday during lunch at the Officers' Club. Regular price is \$12.50 for all non-members regardless of eligibility.



Tickets and Tours offers something for everyone

Tickets and Tours Bldg. 1531, 3-3262

❑ **Martha's Vineyard**, July 17, \$43 per person.

❑ **New York City Spectacular!** Visit Ellis Island and the Statue of Liberty, \$44 per person (\$38 per person ages 17 and under) or take a shopping and sightseeing tour, \$33 per person. Payment due with reservation.

❑ **Salem, Gloucester and Rockport**, Aug. 11, \$50 each and **Nantucket**, Aug. 14, \$50.

❑ **Newport RI**, Aug. 29, \$49 per person.

❑ **Virginia Beach Spectacular**, Sept. 6 to 10; \$405 per person, double occupancy.

❑ We're headed for **Pennsylvania Dutch Country** Oct. 9 to 12.

❑ Tickets are available for the following attractions: Roger Williams Zoo, Providence, RI;

Riverside Park in Agawam, Mass.; Six Flags, N.J.; Water Country and Canobie Lake Park, N.H.; and Yorks Wild Kingdom in Maine.

❑ Going to Disney World? Check out our prices for the four- or five-day Park Hopper pass or the All in One Hopper Pass. Disney tickets are not always in stock and may need to be special ordered and prices are subject to change.

❑ Movie tickets are available for General Cinema, Showcase Cinema and Sony-Lowe's. Adult tickets are only \$5.50 each compared to door prices of \$7.50 to \$8.

❑ Check out our supply of baseball hats, shirts, postcards and books.



**Aug. 8
8 P.M.
FREE
Aero Club
Hangar
Bldg. 1722**